

GEMS

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Curly Girls, Love Your Curls!

and

7 Days of Divine Information for the Mind, Body & Hair

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Gem definitions from:

<http://www.preciousstonesofthebible.com/stonegallery.html>

<http://www.biblestudy.org>.

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DEDICATION

This book is dedicated to all those who have come to the realization that although appropriate haircare has been lost beneath modern innovations and quick-fix products, buried items can be dug up...just like precious gems!

PREFACE

Have you ever lost a precious item that you were certain could never be found, but to your surprise one day, you find it in the most unexpected place? This is exactly what happened to me. For years, I floundered in the field of so-called innovative practices, ineffective products and harmful haircare routines. Nevertheless, in the midst of my struggle with alopecia and diffuse hair loss, I finally found the ultimate treasure chest. This chest filled with priceless gems would eventually change the course of nature for me...

In this e-book, I share 23 invaluable tips that could change your entire outlook on life! Truly they are gems, hence the reason why I begin each entry with the name of a precious gemstone and its description. I know, my approach may sound a bit “over the top” considering the topic. Nevertheless, this really is no trivial matter. I am a firm believer that how a woman feels about her hair is often mirrored in her behaviours, self-image and outlook on life. If she improves her “hair-esteem”, her self-esteem will follow suit. I elaborate on the topic in my second book: [7 Days of Divine Information for the Mind, Body and Hair.](#)

So, dive in and apply the suggestions (that I refer to as “gems”) and even if your self-esteem does not thank you, your hair certainly will!

Agate

“A root word meaning, ‘flame’ or something that sparkles.”

Always detangle your hair before washing.

Amethyst

“A purple gem that means ‘dream stone’.”

To prevent breakage and split ends, apply generous amounts of silicone-free conditioner to your hair and fingers, detangle in order to remove knots and shed hair, before washing.

Beryl

“Also known as ‘Golden Beryl’ and containing very few flaws.”

It is normal to shed 80 – 100 strands of hair daily. You can identify shed hair by a small round white ball that can be found at the root of the hair strand.

Carbuncle

“Embedded in rock, it glistens and shines.”

Fine-toothed combs can cause significant damage if your hair is tangled, curly or coily.

Carnelian

“A red precious stone, used to beautify.”

se combs and brushes gently, detangling from the ends of the hair upward to the root – hold your hair above the comb/brush as you stroke through to avoid unnecessary friction on the cuticle layer and tugging on the scalp.

Chalcedony

“A foundation stone with varying colours: white, gray, reddish, light brown, green and blue.”

Natural Greek Yogurt is excellent for deep conditioning your hair. Apply to clean damp hair then cover with a plastic cap overnight. Rinse thoroughly in the morning.

Chodchod

“A word derived from PHYR, meaning ‘to throw fire’. It is also a very brilliant stone.”

Brushing the hair excessively with synthetic bristles can cause the cuticle layer to be stripped away, resulting in split ends, wispy hair and breakage. Natural bristles are always gentler on your hair strands.

Chrysolite

“A precious foundation stone known as ‘gold stone’”.

Wash your hair frequently with a sulfate-free shampoo and follow-up with a silicone-free conditioner.

Conditioners should be applied to your hair and not your scalp to avoid irritation. For best results, always use products made with natural or organic ingredients.

Chrysoprase

“A foundation gemstone that is quartz-based.”

Trauma to the body due to a surgery, pregnancy, a fever, mental/emotional stress, crash-dieting, an imbalanced diet or an autoimmune deficiency, can result in hair loss. However, a proper regimen can help to restore the hair.

Coral

“A limestone formation found in few places. It is produced by skeletons of tiny marine animals.”

Ensure that you are washing your hair with filtered water.

Chlorinated water tends to cause dryness regardless of how much moisturizing conditioner you may be applying to your hair. Shower-head filters can be purchased at your local hardware store.

Crystal

“A transparent mineral resembling glass. It is also referred to as ‘ice’”

Blot your hair dry with a microfiber towel or wrap it with a cotton t-shirt to soak up the moisture without damaging your hair’s precious cuticle layer. Avoid back and forth towel motions.

Diamond

the hardest mineral known to man. Engagement rings made of this gemstone date back to the 15th century.

To strengthen each strand, deep condition your hair at least once per month.

Emerald

“A gem that flashes, glitters and sparkles.”

To maintain the length of your hair during cold or dry seasons, coat the ends with generous amounts of leave-conditioner. If at all possible, try to tuck the ends away in a bun or protective style. The ends of your hair are the oldest and will split very easily when exposed to dry or cold air.

Garnet

The word garnet comes from the latin word 'granatum' meaning 'the pomegranate'. It is brittle, hard and glassy."

For healthy hair, it is imperative that you meet the required daily intake of water, vitamins, minerals and proteins. Do not deprive your body of rest and exercise. The condition of your hair speaks volumes regarding what may be taking place inside your body.

Jacinth

“A root word meaning, “flame” or something that sparkles.”

Avoid hairstyles that cause tension (i.e. tight ponytails or tight braids), as these will weaken, damage and destroy the hair follicles.

Jasper

“The root of the word means ‘to polish’. It is an opaque variety of Chalcedony stone.”

If you are installing braids or extensions, always deep condition your hair prior to installing. Ensure that your braids are not too heavy as the weight will damage the follicles. You should also use a braid spray system at least once per week (a distilled water spritz, followed-up with an oil spritz). Remember to spritz along your hairline, to maintain moisture along your edges. Your oil spritz should be naturally derived so that it can be absorbed easily into the hair shaft and scalp (i.e. olive oil, grapeseed oil, avocado oil, sweet almond oil).

Lapis Lazuli

One of the most sought after and prized stones in history. It is a universal symbol of wisdom and truth.

Deep condition your hair before swimming in order to create a protective barrier against the accumulation of chlorine beneath the cuticle layer of your hair. Wearing a swim cap is also highly beneficial. Chlorine is a corrosive chemical agent that will damage your hair.

Onyx

Typically a black and white chalcedony meaning, 'the nail of a finger'. It is used for engraving cameos.

Exfoliate your scalp with a clay masque at least once per month to cleanse, detox and stimulate growth.

Pearl

“The only gem of great price that is formed within a living organism.”

Check the porosity of your hair prior to choosing your products. Products that do not match the porosity of your hair can be damaging.

Ruby

“Among the hardest and rarest of gemstones, it is ‘king of the gems’.”

If you have high porosity hair, apply moisture to your hair before bedtime in the following manner: Spritz lightly with distilled water then moisturize with a leave-in conditioner. Seal your moisturized hair with a thin layer of hair butter or organic oil then cover with a silk or satin bonnet in order to retain the moisture.

Sapphire

“A blue translucent stone, not only used for jewelry but also for scientific instruments, impact resistant windows and inner workings of wristwatches.”

Regardless of your hair's porosity, opt for a satin pillowcase rather than cotton. Cotton pillowcases absorb moisture causing the hair to become dry and brittle.

Sardonyx

“A foundation stone with alternating bands of reddish-brown and white.”

Shampoo your hair with a clarifying product immediately after swimming to remove damaging chemicals, then follow-up with a deep conditioning treatment to re-hydrate your hair.

Topaz

occurs in many colors, including deep golden-orange, yellow, brownish-yellow, pink, red, various shades of blue and may also be colorless. It has been sought after since ancient times for its stunning clearness. ’

Try to hot-oil treat your hair every two months to strengthen your hair strands and to stimulate the hair follicles.

Not only is hair a symbol of magnificence and great beauty, it is also designed to provide insight regarding ailments that could be impacting your body negatively. Never ignore the condition of your hair. Breakage and hair loss require immediate attention. Your hair is one of your greatest assets. Treat your tresses like a precious gems!